

Full Report (All Nutrients) 09317, Strawberries, canned, heavy syrup pack, solids and liquids

Report Date: July 01, 2017 01:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
Proximates					
Water	g	75.35	3	0.993	191.39
Energy	kcal	92	--	--	234
Energy	kJ	385	--	--	978
Protein	g	0.56	3	0.015	1.42
Total lipid (fat)	g	0.26	3	0.070	0.66
Ash	g	0.30	3	0.006	0.76
Carbohydrate, by difference	g	23.53	--	--	59.77
Fiber, total dietary	g	1.7	--	--	4.3
Sugars, total	g	21.83	--	--	55.45
Minerals					
Calcium, Ca	mg	13	3	3.339	33
Iron, Fe	mg	0.49	3	0.060	1.24
Magnesium, Mg	mg	8	3	0.589	20
Phosphorus, P	mg	12	3	0.939	30
Potassium, K	mg	86	3	4.359	218
Sodium, Na	mg	4	3	0.333	10
Zinc, Zn	mg	0.09	3	0.018	0.23
Copper, Cu	mg	0.063	3	0.003	0.160
Manganese, Mn	mg	0.200	3	0.006	0.508
Selenium, Se	µg	0.3	--	--	0.8
Vitamins					
Vitamin C, total ascorbic acid	mg	31.7	3	0.882	80.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
Thiamin	mg	0.021	3	0.001	0.053
Riboflavin	mg	0.034	3	0.002	0.086
Niacin	mg	0.057	3	0.003	0.145
Pantothenic acid	mg	0.179	3	0.035	0.455
Vitamin B-6	mg	0.049	3	0.009	0.124
Folate, total	µg	28	3	8.122	71
Folic acid	µg	0	--	--	0
Folate, food	µg	28	3	8.122	71
Folate, DFE	µg	28	--	--	71
Choline, total	mg	3.8	--	--	9.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	3	0.260	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	16	--	--	41
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	26	3	5.206	66
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	18	--	--	46
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.48
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.5	--	--	3.8
Lipids					
Fatty acids, total saturated	g	0.014	--	--	0.036
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
16:0	g	0.010	--	--	0.025
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.036	--	--	0.091
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.035	--	--	0.089
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.129	--	--	0.328
18:2 undifferentiated	g	0.075	--	--	0.191
18:3 undifferentiated	g	0.054	--	--	0.137
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.006	--	--	0.015
Threonine	g	0.017	--	--	0.043
Isoleucine	g	0.013	--	--	0.033
Leucine	g	0.029	--	--	0.074
Lysine	g	0.023	--	--	0.058
Methionine	g	0.001	--	--	0.003
Cystine	g	0.005	--	--	0.013
Phenylalanine	g	0.016	--	--	0.041
Tyrosine	g	0.019	--	--	0.048
Valine	g	0.016	--	--	0.041
Arginine	g	0.024	--	--	0.061
Histidine	g	0.011	--	--	0.028
Alanine	g	0.028	--	--	0.071
Aspartic acid	g	0.127	--	--	0.323
Glutamic acid	g	0.083	--	--	0.211

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g
Glycine	g	0.022	--	--	0.056
Proline	g	0.018	--	--	0.046
Serine	g	0.021	--	--	0.053
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0